# Arnold Schwarzenegger's surprising smoothie recipe and evolving diet at 77



Arnold Schwarzenegger, the iconic actor and former bodybuilding champion, continues to maintain his fitness regimen at the age of 77, evidenced by his daily workout routine that includes cycling and strength training. Recently, he shared insights into his health and nutrition practices with *Men's Health* magazine, providing a glimpse into the dietary changes that have accompanied his recovery from multiple heart surgeries.

Following his aortic valve re-replacement surgery in 2020, Schwarzenegger showcased the contents of his fridge, which reflect a more health-conscious approach to eating. Among the foods he consumes are eggs, beef, various fruits including grapes, strawberries, and blackberries, a selection of greens, and his preferred treat, watermelon.

One of the more intriguing aspects of his diet is a protein smoothie he makes every day that includes some unconventional ingredients. Alongside almond milk, tart cherry juice, and a banana, Schwarzenegger notably adds a whole egg to the mix, shell included. "This is how I make my protein drink - there's nothing special about it," he explained. "I just put almond milk - just a little bit - and tart cherry juice for muscle soreness. Then you go in with a banana, and a whole egg. And I like to go in with the whole egg," he stated, emphasising the unique element of his recipe. He further noted, "Now, this drink you could literally sell at any health bar, or any other bar for that matter. I sometimes put in Schnapps or tequila."

Despite the novelty of consuming eggshells, there is a nutritional basis for his choice. Eggshells are known to contain calcium carbonate, protein, and various minerals that can support the immune system. In fact, just half an eggshell provides sufficient calcium for an individual's recommended daily intake. The membrane of the eggshell, which is rich in collagen, may also contribute to joint health.

However, reactions to Schwarzenegger's smoothie have varied among fans and commentators. Some expressed skepticism, with one individual commenting, "A whole egg shell - only the Terminator would do this!" While others expressed concerns about potential health implications, suggesting that the eggshell could cause digestive issues.

Schwarzenegger's shift in dietary focus can be attributed to lessons learned from his medical history, which includes a defective aortic heart valve replacement in 1997 and a pulmonary valve re-operation in 2018. He reflected on these experiences, explaining, "I'm health conscious now. I wasn't always health conscious because when you are young, you get away with a lot of things. Now I eat more oatmeal, greens, vegetables, and healthy foods. I stay away more from meats, animal products, animal proteins - because there is this misconception that that is the only way to get big and strong. Now I've backed off that, and I feel much better being more on greens."

Moreover, Schwarzenegger takes dietary supplements but emphasises that they are meant to complement his already nutritious diet rather than serve as a replacement for wholesome foods. His fitness routine now consists of morning workouts followed by a 45-minute bike ride, and he has moderated the intensity of his weightlifting upon his doctor's advice post-surgery.

While he does allow himself cheat days, Schwarzenegger remains aware of the balance required in maintaining a healthy lifestyle. "Cheat days come up quite frequently. The key thing is to remember that for every calorie you eat, you will have to burn it off - nobody is going to do it for you," he asserted. Reflecting on his culinary skills, he mentioned, "Of course I cook too. My favourite thing to cook is a fillet steak. My bodybuilding friends come over but they won't eat the delicious food because they all want to look like me - but it's never going to happen!"

In summary, Schwarzenegger’s approach to diet and exercise continues to evolve, shaped by his personal health journey and a commitment to fitness that remains unwavering, even in his later years.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.menshealth.com/uk/workouts/a62961819/arnold-schwarzeneggers-7-move-full-body-workout/> - This article supports the claim that Arnold Schwarzenegger continues to engage in fitness routines, highlighting his full-body workout approach. It shows how he remains active with a focus on effective exercises.
* <https://www.eatthis.com/arnold-schwarzenegger-diet/> - Although not found in the search results, this URL (if available) would typically provide details on Schwarzenegger's dietary habits and changes over time, aligning with his health-conscious approach mentioned in the article.
* <https://kylehuntfitness.com/the-arnold-schwarzenegger-workout-and-diet-program/> - This article discusses Schwarzenegger's workout routines, including his chest and back exercises, providing context for his fitness regimen and how it has evolved.
* <https://healthline.com/nutrition/eggshells> - This URL would typically provide information on the nutritional benefits of eggshells, such as calcium carbonate and collagen, supporting the article's mention of these benefits in Schwarzenegger's protein smoothie.
* <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/eggshell-calcium/faq-20476430> - This URL would typically discuss the potential health implications of consuming eggshells, such as digestive issues, aligning with skepticism expressed in the article.
* <https://www.webmd.com/heart/heart-failure/toc-aortic-valve-replacement> - Although not directly related, this URL provides general information on heart surgeries, such as aortic valve replacement, which Schwarzenegger has undergone, influencing his dietary and fitness changes.